



4 - Essex divers



8 - Blue Ridge Soccer

Brief Notes

Navy Ball tickets are still on sale but going fast. The Ball will be held Nov. 20 at the Harbor View Club. Prices are: E4 and below, \$20; E5 and E6, \$30; E7 and above, \$35; and \$40 for civilians. Civilian spouses of military members pay the equivalent of their spouses' rank.

Adopt-A-Sailor, sponsored by the Chaplain's Office (252-3380),



seeks families to get **single Sailors** out of the barracks and into a home for the

holidays. **Adopt-A-Sailor Plus** extends the original program by sponsoring Sailors for a period of up to a year...support the single Sailors for the upcoming holidays and give them a touch of home.

Community worship service opportunities will be posted in the first *Soundings* issue of each month. **Full story, page 3...**

November is **American Indian and Alaskan Native Heritage Month**. A variety of events to celebrate the unique cultural contributions of American Indians and Alaskan Natives are currently being planned; to volunteer to help out, please contact JO1(SW) Inman at 252-3485.

Upcoming USO Events...

Nov. 7 - Guardian and Patriot Disney Giveaway

Nov. 11 - Girls Far East Volleyball Fun Night

Veterans Day Golf Tourney

Nov. 12 - 14 - Persian Carpet Sale

For more information, contact the USO at 252-3959

This Week

Saga Balloon Festival

Nov. 3-7 (festival site on Route 34)

Nagasaki Burabura Dance Festival

Nov. 6-7, Nagasaki Chuo Park
For more information, contact Eriko at 252-3102.

Weather

Sunday Mostly Sunny

H °72 L °59

Monday Sunny

H °72 L °66

DUI Counter: 24 days as of Nov. 4

Department of Defense announces recommended holiday mailing dates

Special release, U.S. Dept. of Defense

The Department of Defense announced Oct. 28 the recommended mailing dates for ensuring that holiday cards and packages for service members arrive overseas in time for the holiday season.

"To ensure delivery ... to military APO/FPO addresses overseas and to international addresses, we suggest mail be sent by the recommended dates provided by the U.S. Postal Service," said Mark DeDomenic, the assistant deputy director and chief of operations for the Military Postal Service Agency (MPSA) in Washington, D.C.

Beat the last minute rush by bringing your mail to your post office by these suggested dates:

APO/FPO AE ZIPs 090-092

First Class Mail Letters/Cards – Dec. 11

Priority Mail – Dec. 11

Parcel Airlift Mail (PAL) 1 – Dec. 4

Space Available Mail (SAM) 2 – Nov. 27

Parcel Post – Nov. 13

APO/FPO AE ZIPs 093

First Class Mail Letters/Cards – Dec. 6

Priority Mail – Dec. 6

Parcel Airlift Mail (PAL) – Dec. 4

Space Available Mail (SAM) – Nov. 27

Parcel Post – Nov. 13

APO/FPO AE ZIPs 094-098

First Class Mail Letters/Cards – Dec. 11

Priority Mail – Dec. 11

Parcel Airlift Mail (PAL) – Dec. 4

Space Available Mail (SAM) – Nov. 27

Parcel Post – Nov. 13

APO/FPO AA ZIPs 340

First Class Mail Letters/Cards – Dec. 11

Priority Mail – Dec. 11

Parcel Airlift Mail (PAL) – Dec. 4

Space Available Mail (SAM) – Nov. 27

Parcel Post – Nov. 13

APO/FPO AP ZIPs 962-966

First Class Mail Letters/Cards – Dec. 11

Priority Mail – Dec. 11

Parcel Airlift Mail (PAL) – Dec. 4

Space Available Mail (SAM) – Nov. 27

Parcel Post – Nov. 13

PAL is a special service providing air transportation for parcels on a space-available basis. PAL is available for Parcel Post® not exceeding 30 lbs. in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent via PAL service.

SAM refers to parcels paid at Parcel Post® postage rates that are first transported domestically by surface and then to overseas destinations by air on a

space-available basis. The maximum weight and size limits are 15 lbs. and 60 inches in length and girth combined.

International Mail Addressed to Africa

Global Express Guaranteed – Dec. 20

Global Express Mail – Dec. 11

Global Airmail Letters and Cards – Dec. 6

Global Airmail Parcel Post – Dec. 6

Global Economy (Surface) – Oct. 14

International Mail Addressed to Asia/Pacific Rim

Global Express Guaranteed – Dec. 20

Global Express Mail – Dec. 17

Global Airmail Letters and Cards – Dec. 13

Global Airmail Parcel Post – Dec. 13

Global Economy (Surface) – Oct. 28

International Mail Addressed to Australia/New Zealand

Global Express Guaranteed – Dec. 20

Global Express Mail – Dec. 17

Global Airmail Letters and Cards – Dec. 13

Global Airmail Parcel Post – Dec. 13

Global Economy (Surface) – Oct. 28

International Mail Addressed to Canada

Global Express Guaranteed – Dec. 21

Global Express Mail – Dec. 18

Global Airmail Letters and Cards – Dec. 13

Global Airmail Parcel Post – Dec. 13

Global Economy (Surface) – Nov. 19

International Mail Addressed to Caribbean

Global Express Guaranteed – Dec. 20

Global Express Mail – Dec. 17

Global Airmail Letters and Cards – Dec. 13

Global Airmail Parcel Post – Dec. 13

Global Economy (Surface) – Nov. 5

International Mail Addressed to Central and South America

Global Express Guaranteed – Dec. 20

Global Express Mail – Dec. 11

Global Airmail Letters and Cards – Dec. 6

Global Airmail Parcel Post – Dec. 6

Global Economy (Surface) – Oct. 29

International Mail Addressed to Mexico

Global Express Guaranteed – Dec. 20

Global Express Mail – Dec. 17

Global Airmail Letters and Cards – Dec. 13

Global Airmail Parcel Post – Dec. 13

Global Economy (Surface) – Nov. 5

International Mail Addressed to Europe

Global Express Guaranteed – Dec. 20

Global Express Mail – Dec. 11

Global Airmail Letters and Cards – Dec. 13

Global Airmail Parcel Post – Dec. 10

Global Economy (Surface) – Nov. 5

International Mail Addressed to Middle East

Global Express Guaranteed – Dec. 20

Global Express Mail – Dec. 17

Global Airmail Letters and Cards – Dec. 13

Global Airmail Parcel Post – Dec. 13

Global Economy (Surface) – Oct. 21

For more information, contact the CFAS Post Office at 252-3426.



An Interior Communications Specialist Second Class from USS Blue Ridge (LCC 19) from Santa Cruz, Ca., poses for a photograph with children from the children's home in Omura City. About 45 Sailors from Blue Ridge and Commander, Seventh Fleet participated in a community relations project during their recent port visit to Sasebo. (Official U.S. Navy Photo by Photographer's Mate Second Class Chantel M. Clayton) **See story, pg. 2**

Soundings survey is your chance to improve community’s newspaper

JO1(SW) Ron Inman
Sasebo Soundings Editor

On Oct. 2, *Sasebo Soundings* went to a new, 8-page, black-and-white format. While the format of the paper may have changed, our mission to provide the Sasebo community with an informative,

Please circle the most appropriate answer:

Demographic Data

Gender
Male Female

Age
18-24 25-29 30-34 40+

Paygrade
E1-E3 E4 E5 E6 E7-E9
CWO1-CWO5 01-03 04-06 GS-M1-5
GS-GM 6-10 GS-GM11-15 Other

Newspaper Survey

1. How often do you read Sasebo Soundings?

entertaining and useful weekly command publication has not.

The purpose of this survey is to gauge our readers' opinion of the new format and solicit suggestions to improve it.

Please take a few moments to fill out this short survey. The Soundings staff will make changes to the paper's format

Every Week
Sometimes
Rarely
Never

2. How informative is it?
Extremely
Very
Fairly
Not Very

3. How would you rate the overall content of Sasebo Soundings?
1 (weak) to 5 (strong)
1 2 3 4 5

4. What is your favorite section of the paper?
Local news
Navywide news
Safety tips
Profile
Photography
Upcoming events & movies
MWR news
Living in Japan
Betcha didn't know
Base & community announcements
Classifieds
Sports

Why?

5. What is your least favorite section of the paper?

Local news
Navywide news
Safety tips

based on your input. More response means more chance for improvement.

Please return surveys by Monday, Nov. 22. Surveys may be dropped off to the PAO/Soundings (01B) mailbox in the Headquarters Bldg. (Bldg. 80, first floor, entrance adjacent to the Harbor View Club), placed in Guard Mail care of

Profile
Photography
Upcoming events & movies
MWR news
Living in Japan
Betcha didn't know
Base & community announcements
Classifieds
Sports

Why?

6. Rate the following sections: 1(lowest) to 5 (highest)

Local news	1	2	3	4	5
Navywide news	1	2	3	4	5
Safety tips	1	2	3	4	5
Profile	1	2	3	4	5
Photography	1	2	3	4	5
Upcoming events & movies	1	2	3	4	5
MWR news	1	2	3	4	5
Living in Japan	1	2	3	4	5
Betcha didn't know	1	2	3	4	5

Sasebo Soundings, or mailed to the Public Affairs Officer at PSC 476 Box 93, FPO AP 96322. Soon, you can also complete the survey online at **<www.cfas.navy.mil>**. For further information, please contact JO1(SW) Inman at 252-3485/3409.

Base & community announcements
1 2 3 4 5

Classifieds
1 2 3 4 5

Sports
1 2 3 4 5

7. Copies of Soundings are conveniently available:
Always
Usually
Sometimes
Never

8. Where do you usually pick up Soundings?
MB Post Office
Hario Post Office
Bayside
Harbor View Club
BEH
BOH
Fleet Landing
Fleet Gym
USO Nimitz Park

10. What would you like to see changed or added to Soundings?

Thank you for taking the time to complete this survey and improve Sasebo Soundings. Survey results will be published in a future issue.

CAPT. MICHAEL L. JAMES
COMMANDER
FLEET ACTIVITIES SASEBO
252-3444

CMDR. BERNARD P. WANG
CHIEF STAFF OFFICER
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FLEET IMAGING
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PH3(AW) YESENIA ROSAS
PHAN MARVIN E. THOMPSON, JR.
252-3559

The *Sasebo Soundings* is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

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All items for submission must be brought into the *Sasebo Soundings* office in PW 80 or sent by guardmail or MPS, or emailed to **soundings@cfas.navy.mil**. The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at 5 p.m. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

Blue Ridge enjoys Sasebo community during port visit

PH2(AW) Chantel Clayton
JO2 Class Luke Johnson
USS Blue Ridge public affairs

USS Blue Ridge (LCC 19) departed the Southwestern Japanese port city of Sasebo Nov. 1 after an eventful four-day visit.

While there, the approximately 1,000 Blue Ridge and embarked Commander, U.S. Seventh Fleet staff Sailors and Marines participated in sporting events, explored the local community and took tours to nearby Nagasaki.

While in Nagasaki, visitors enjoyed the sights and history of the area by visiting Peace Park, the Atomic Bomb Museum and riding in a cable car to the top of Mt. Inasa to observe a spectacular panoramic view of the city.

Blue Ridge Hospital Corpsman Second Class Danny J. Edwards from New Orleans, La., said this was his first time in the area, and he found the city to be a

lot different from most of the other places he's visited in Japan.

"I thought that Nagasaki was a beautiful city, and it was a lot more mountainous than I thought," said Edwards. "It was not as urban as compared to some of the other cities I visited in Japan."

In addition, 44 Sailors and Marines conducted a community service project at a children's home in Omura City Oct. 30.

The children, ages five to 17, greeted the Sailors with smiles and curiosity. But the Sailors had a universal ice-breaker:



The USS Blue Ridge (LCC 19) command chaplain, spins new friends on a merry-go-round at a children's home in Omura City. (Official U.S. Navy Photo by Photographer's Mate Second Class Chantel M. Clayton)

candy. From there it was a day of great weather, fun, games and new friendships.

"It is a beautiful day", commented Blue Ridge Chaplain Lt. Cmdr. Jon Brzek. "The crew looks forward to doing this. It gives them a great chance to meet new people, see a different part of Japan and to make new friends. It also shows friendship between us and our host nation. It is a way for us to come together."

Command Spotlight: CFAS Religious Ministries

JO1(SW) Ron Inman
CFAS Public Affairs

The mission of Commander, Fleet Activities Sasebo (CFAS) Religious Ministries is two-fold: to advise the Commanding Officer on all matters of religious, spiritual and moral issues, and, more visibly, to provide and facilitate the religious needs of the Sasebo community through religious services and religious education.

“We’re ministers in uniform,” said CFAS Command Chaplain, Cdr. Harvey E. Ranard, “providing for the religious needs of the Navy and other authorized personnel.

CFAS has three chaplains - Ranard, Lt. William I. Onuh and Lt. j.g. Sunny Mitchell. Chaplain Onuh is the command priest, responsible for Catholic services at Main Base and Hario Village. Chaplain Mitchell runs the Hario Chapel, and conducts Protestant services

along with Cdr. Ranard.

Ranard explained that offering a variety of worship services is a top priority for the CFAS Religious Ministries organization.

“We provide many different types of services to different faith groups,” Ranard said. “In addition to Protestant and Catholic, we offer lay leaders for seven other faith groups. It’s a broad and comprehensive program. We offer 12 worship services of one kind or another every week.”

In addition to ministering to the religious needs of the Sasebo community, Religious Ministries also provides a wide variety of support services to both shore - and shipboard Sailors and their families.

“We also provide pastoral support - such as counseling services and hospital calls - and network with the Fleet and Family Support Center,” Ranard added.

For more information, call 252-3380.

Chaplain’s Office (Main Base): 252-3380
From off base, dial 0956-50-3380
Hario Chapel: 252-8949
From off base, dial 0956-50-8949

For emergency and off-duty hour calls, please call the CFAS Security Quarterdeck at **252-3535** and have them contact the Duty Chaplain via cell phone.

Sasebo Community Worship Services

COMMUNITY EDUCATION CENTER

Commander Fleet Activities, Sasebo Main Base Bldg. 155, second floor

PROTESTANT

9 a.m. ~ Sunday School
10 a.m. ~ Sunday Fellowship
11 a.m. ~ Sunday Contemporary Worship
9:30 a.m. ~ Tuesday Ladies Bible Study (Music Room)
6:30 p.m. ~ Wednesday Ladies Bible Study (Music Room)
7 p.m. ~ Saturday Christian Men’s Fellowship (fourth Saturday, Fellowship Hall)

ROMAN CATHOLIC

9 a.m. ~ Sunday
10:15 a.m. ~ Sunday CCD (September to May)
11:30 a.m. ~ Weekday Mass (Except Mondays)

HARIO CHAPEL

Hario Village, Bldg. 5141

PROTESTANT

9:30 a.m. ~ Sunday School
9:30 a.m. ~ Worship
ROMAN CATHOLIC
5 p.m. ~Saturday Vigil Mass

LAY CONGREGATIONS

CHURCH OF CHRIST

10 a.m. ~ Sunday Worship Service ~ CEC (non-instrumental)
Contact 252-8122

FIREBRANDS HOLINESS SERVICE

2 p.m. ~Sunday Worship Service-Hario
6:30 p.m. ~ CFC Bible Study ~Thursday
Contact 252-7323

NEW LIFE CHRISTIAN COMMUNITY

12:15 p.m. ~ Sunday School ~ CEC
1 p.m. ~ Sunday worship Service ~ CEC
6 p.m. ~ Wednesday Prayer Meeting ~ Hario Chapel
6 p.m. ~ Friday Adult Bible Study ~ Hario Chapel

JEWISH

Contact Lt. Polansky at 252-2747

NICHIREN DAISHONIN BUDDHISM (SGI – USA)

1 p.m. ~ Saturday ~ CEC
Contact 252-3524 or 28-6774

GOOD NEWS MINISTRIES

Contact 252-8632
6:30 p.m. ~ Tuesday Bible Study ~ CEC (Music Room)
6 p.m. ~ Wednesday
Family Bible Study ~ Hario Chapel
WICCA
Contact JOSN Mellen at 252-2290
BIBLICAL REALITY MINISTRY
7 p.m. ~Wednesday ~Hario Chapel
7 p.m. ~Thursday ~Main base
Contact Dr. Bruce Pillow at 252-8309

ENGLISH - SPEAKING CONGREGATIONS OFF BASE

GREATER HARVEST HOLINESS CHURCH

16-20 Daikoku-cho
Contact 090-8412-1571
9:30 a.m. ~ Sunday School
11 a.m. ~ Morning Worship
6 p.m. ~ Tuesday ~ Bible Study
5 p.m. ~ Wednesday ~ Gospel Choir Practice
6 p.m. ~ Thursday ~ Bible Study

INTERNATIONAL CHRISTIAN ASSEMBLY

Standard Labor Bldg.
Contact 28-4063/0816
9:30 a.m. ~ Sunday ~ Sunday School
10:30 a.m. ~ Morning Worship
5:30 p.m. ~ Evening Worship

LIGHTHOUSE BAPTIST MINISTRIES

808 Yamato-Cho
Contact 33-9011 or 31-5434
10 a.m. ~ Sunday School
11 a.m. ~ Morning Service
6 p.m. ~ Evening Service
7 p.m. ~ Evening Service

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS(MORMON) (LDS)

Branch President 252-8234
9 a.m. ~ Worship Service

Counseling appointments should be arranged with the chaplain you wish to see. If the chaplain is not available, you may leave a message for them.

Profile: *Lt. j.g.*



CFAS Chaplain
Hometown...Newport News, Va.

How long have you been in Japan?

Two weeks

What is your favorite thing about Sasebo?

The sunrises and sunsets

Are you married or single?

Single

Do you have any children?

No

What hobbies do you have?

Brazillian ju-jitsu, ballroom dancing and photography

Who do you consider to be your role model?

My mother, various mentors

What are your personal goals?

To learn to speak Japanese, get my PhD in theology or church history

What motivates you?

I have an internal locus of control

What is the one thing you can’t stand?

wet hair in bathrooms, mayonaise

What do people not know about you?

I have a blue belt in Brazillian Ju-jitsu

What is your most embarrassing moment?

I walked into a pole my first date in high school

If you could have dinner with three people, living or dead, who would they be?

My grandfather, Judas Iscariot and Dietrich Bonhoeffer

Essex EOD, crew team up for wreck hunt

JO2 Brian Biller
USS Harpers Ferry Public Affairs

Members of the Guam-based Explosive Ordnance Disposal Mobile Unit (EODMU) 5, Det. 7, embarked aboard USS Essex (LHD 2), were transferred to USS Harpers Ferry (LSD 49) in the Northern Arabian Gulf Oct. 16, to assess an underwater obstruction that was posing a hazard to safe navigation.

The recently discovered obstruction near the Al Basrah Oil Terminal (ABOT) proved a menace to deep draft shipping. The sunken hazard was not charted, nor had it been previously reported. "After a report of an obstruction in the area, we needed a rapid and accurate assessment of the area to verify the identity and size of the obstruction," said Harpers Ferry Executive Officer Lt. Cmdr. Tim Crone. "Mine countermeasures ship USS Dextrous (MCM 13) was called to the scene to survey the area with its Klein Side-Scan Sonar System. Once Dextrous passed along its pictures, there was no doubt we had something big out there," he said. "It appears to be a sunken barge and crane, stuck at about a 45 degree angle," said EOD MU5 Det. 7 Officer in Charge Lt. Brian L. Skubin. The barge-crane was located in approximately 90 feet of water. Skubin said his team used hand-held sonar units when they dove on the site, guided by the coordinates

received from Dextrous. With poor bottom visibility in the area, Skubin said divers had to rely on technology and work by feel. "The visibility is very poor, and the current is very swift in the area," he said. "You let your hands guide you and if you come across something of

interest, you have to get close in order to visualize it." "Harpers Ferry did an excellent job supporting us and helping us achieve mission completion," said Skubin. This experience also provided the Harpers Ferry boat crews' operational and maneuvering training in small boats during dive operations. "I was the boat coxswain supporting the dive ops," said Boatswain's Mate Seaman (SW) Durrelle Foster. "It was a challenge to try and keep them close to the dive buoy, yet stay a safe distance from the swimmers. I found the whole experience very rewarding."

Cmdr. Burt Quintanilla II, Harpers Ferry commanding officer, commented on the cross-section of skills and resources used to pinpoint the location of the wreck. "The broad team effort involved between all of the ships and units who came together to collect data and exact coordinates of the sunken crane in such a short period of time is a testament to the extraordinary capabilities of our Navy personnel and equipment," he said. "Now the hazard



A Boatswain's Mate Third Class (foreground) mans one of USS Harpers Ferry's (LSD 49) small boats on its afternoon "meals on keels" run to the Al Basrah Oil Terminal. As the Afloat Forward Staging Base (AFSB) for the area, Harpers Ferry has been delivering food and supplies to the terminals as well as assisting with security since reporting on station August 15. (Official US Navy Photo by JO2 Brian P. Biller)



With USS Harpers Ferry (LSD 49) in the background, members of Members of Explosive Ordnance Disposal (EOD) Mobile Unit 5, Detachment 7 dive on the site of an obstruction. The team was called in to survey and assess the obstruction near the Al Basrah Oil Terminal. (Official US Navy Photo by JO2 Brian P. Biller)

information is available worldwide to all ships, and this directly supports safety at sea in very crowded waters."

Typically, such hazards are publicly announced worldwide through the Defense Mapping Agency Hydrographic/Topographic Center and Notice to Mariners System, so commercial and military vessels can update their navigation charts.

Dextrous is a Forward Deployed Naval Forces (FDNF) ship out of Bahrain. Harpers Ferry is part of the Essex Expeditionary Strike Group, which was activated Sept. 10.

Marine Brig. Gen. Joseph V. Medina, commander, Expeditionary Strike Group (ESG) 3/commander, Task Force 58, along with his staff, amphibious ships, various cruisers, destroyers, patrol craft, Coast Guard vessels, and coalition forces, are providing security and stability in the Northern Arabian Gulf.

Safety Corner: Hazardous noise on the job can cause hearing loss

Charles Carr
CFAS Safety Department

Your job shouldn't cause you to lose your hearing. Yet for many people, such as construction workers, farmers, mechanics and factory workers, years of exposure to excessive noises on the job have led to permanent hearing loss. 30 million Americans are exposed to hazardous noise at work. This has resulted in a permanent hearing loss for about 10 million workers. If you are one of these people, you don't have to suffer hearing loss. Your supervisors can make changes to the equipment to eliminate or reduce noise. In many cases you can adjust your work schedule and job to avoid being around noisy equipment.

Finally, when engineering or administrative controls can't eliminate your exposure to hazardous noise, you can wear hearing protection devices, such as earplugs or earmuffs. Now hear this: Loud noises can cause hearing loss by damaging the delicate hair cells in the inner ear. Most of the time this damage happens gradually when prolonged exposure to loud sounds exhausts these hair cells. As noise levels increase, the tiny cilia at the top of the hair cells can be injured or broken off. Entire groups of

these hair cells can even be torn away. Hair cells don't repair themselves. So when enough hair cells are damaged, a hearing loss results. Sound is measured in decibels. A normal conversation takes place at about 60 decibels. Prolonged exposure to noise above 84 decibels can cause hearing loss. A short, intense sound—an explosion, for example—may cause immediate hearing loss. But usually hearing loss occurs gradually after prolonged exposure to loud noise. It may occur so gradually you may not even realize you are losing your hearing. Over time, sounds may simply become muffled or distorted. Tinnitus, a ringing or roaring sound, sometimes described as the sound of crickets in one or both ears, can accompany both immediate and gradual hearing loss. Tinnitus occurs when the damage to hair cells hasn't gotten to the point where they produce nothing. Rather, the hairs produce ongoing sounds because they are partially damaged. That is, they are constantly stimulated because they are irritated. The brain perceives this constant irritation as sound.

Today you may have a minor or moderate hearing loss, but after further exposure, the loss may become more severe. However, stopping the exposure ceases the hearing loss.

E. J. King students cast votes in mock election

Amy Brennan
E. J. King Correspondent

On Wednesday, Oct. 27, and Thursday, Oct. 28, E. J. King students in grades 7 through 12 participated in a mock election, sponsored by the National Student/Parent Mock Election Program. Voting took place during the students' social studies classes, and included not only voting for president, but also voting on six key issues ranging from defense to healthcare.

The National Mock Election Program is a nation-wide program that encourages all students to recognize the importance of voting. The program provides materials, discussion ideas, and ballots to schools that choose to participate.

After E. J. King students voted, ballots

were tallied and sent to an "Election Headquarters," and then to "National Election Headquarters" on Oct. 28. To see the results of this nationwide student election, visit <http://mock.njelections.org>.

E. J. King was happy to have the opportunity to encourage voting during such an exciting election year. Students are encouraged to compare the results of the mock election with the national results on Wednesday, Nov. 3.

Thursday, Nov. 4 is the last day of the first quarter for E. J. King students. If you have any questions or concerns about your child's progress, please contact E. J. King at 252-3059.

Parental involvement in a child's academic career lets your child know that education is important.

The EJ King Parent Teacher Organization will meet at 1500 in the Library Conference Room on the following Tuesdays:

Nov. 16, Dec. 14, Jan. 18, Feb. 15,

Mar. 15, Apr. 19 and May 17

Current projects include:

the Far East Volleyball Welcome Dinner on Nov. 7

and

School Polo Shirt sales available in the school office for \$20

For more info, contact Eva Dugas at:

Toreytj@yahoo.com or phone 080 5240 8851

Meet the school's 'dream team' and help make a difference.



Pro Baseball All Star Game

Sign up now for the big game between the Major League All Stars vs the Nippon Pro Baseball All Stars at the Fukuoka Dome on Tuesday, Nov. 9. Major League pitcher Roger Clemens of the Houston Astros and hard hitting left fielder Manny Ramirez, MVP of the 2004 World Series Champion Boston Red Sox, will be in the line-up! The bus is scheduled to depart from the Harbor View Club parking lot at 3 p.m. and from the Hario Community Center at 3:30 p.m. All seats are \$69 and space is limited, so sign up today at the Travel & Tours Office. For more information, call 252-3433.

Veterans Day 5K Run

Show your support for our Veterans by participating in the Annual Veterans Day 5K Run on Thursday, Nov. 11. The race will get underway at 9 a.m. in front of the USO at Nimitz Park. Sign-ups will be accepted at the Fleet Fitness Center prior to close of business on Monday, Nov. 8. If you can't make that deadline, you can still register up until 8:30 a.m. on race day at the starting gate. Awards will be presented at the Fleet Fitness Center to the top three runners in both male and female divisions. For more information, call 252-3588.

The Ultimate Frisbee Experience

Teams vying for Captain's Cup points are highly encouraged to participate in this fun event at Nimitz Park on Saturday, Nov. 13. The first Ultimate Frisbee game is set to begin at 9 a.m. Entries are due to the Fleet Fitness Center by Wednesday, Nov. 10 with a mandatory coaches meeting scheduled for Friday, November 12 at 5:30 p.m. at the Fleet Fitness Center Office. Ultimate Frisbee is a fast paced, football style Frisbee game that is fun to play and easy to learn. Teams consist of 11 players. Competition is expected to be tough in this double elimination tournament. Awards will be presented to the top three teams with individual honors to the championship team. For more information, call 252-3588.

MWR Boys & Girls Clubs Need You

The Sasebo MWR Boys & Girls Clubs are looking for volunteers for advisor and leadership roles for various programs. Anyone interested in the fields of education, sports & fitness, arts & photography, mentoring & role modeling or other services are invited to call 252-2989 for more information.

Charlie Nagatani Live at the Harbor View Club

Country music star "Good Time" Charlie Nagatani has been thrilling audiences throughout Japan with his own version of 'Country Gold' since 1956. He'll be here live in person at the Harbor View Club Friday, Nov. 12, for another great performance. Plan on getting to the Harbor View Club early for dinner, then take in the free show at 8 p.m. Bring your family and friends and enjoy a 'country time' evening with Good Time Charlie Nagatani. For more information, call 252-3965.

Sea Kayaking Class

There's nothing like being out on the water, paddling along in a kayak feeling the cool ocean breeze in your face. Want to give it a try? Just sign up for the sea kayaking class scheduled for Friday, Nov. 12 from 10 a.m. to 4 p.m. A Sailing & Outdoor Adventure Center experienced professional will be right there with you to ensure you have a safe and fun experience. Cost is only \$35 per person. For more information, call 252-3500.

3-6-9 Bowling Tournament

The Spare Time Recreation Center has scheduled another of their popular 3-6-9 Bowling Tournaments (18 years or older), on Friday, Nov. 12 starting at 6:30 p.m. The entry fee is \$15. The tournament will consist of three games of bowling, with every third, sixth and ninth frame automatically scored as a strike. Highest total pinfall determines the winner and the total number of participants determines the prize money. For more information, call 252-3634.

Help Wanted at Galaxies

Galaxies' manager Efrain Gracia is looking for a few good men and women to become part of the Galaxies team. Bartender, cashier and duty manager positions are currently available. Earn extra money and be a part of the dedicated, service oriented MWR team. For more information, see the manager on duty, call the Galaxies Office at 252-2980, or contact the MWR Personnel Office at 252-3328.

Living in Japan: Hobgoblins and witches, Japan style

Another Halloween just passed, and once again our housing areas were flooded with literally thousands of princesses, witches, Buzz Lightyears, ninjas, Winnie the Poohs, and a wide variety of other cartoon characters, monster movie effigies, and uncategorizable (I know, that's not a word) manifestations of odd looking costumed individuals.

Halloween rivals Christmas in our Japanese community's fascination with things American. Hosting scores of family and organizational groups of Japanese parents and children around both main base and Hario Village, many of our community members stepped up to solidify the bonds of friendship between our two nations over bags of other people's candy.

With the sweetness quotient of American candy being much higher than your average Japanese treats, I'm sure there were many little boys and girls out there in the Cho's who found it extremely difficult to get to sleep that night and, if their parents allowed them to hoard their candy stash like so many American children do, their hyperactivity stretched on for many days following the 31st.

The Japanese children's tentatively intoned, and painstakingly memorized, line of, "Turiiku o turiito", accompanied by the thrusting forward of a plastic grocery sack, or some other form of candy gathering device, was uniformly followed by a smiled, "Sankyuu!"

It was easy to tell those veteran Japanese children, who had taken part in Halloween rituals in year's past, as they appeared much more confident in performing this time-honored quest for the ultimate sugar high.

Over my many years here in Japan I've seen Halloween evolve from a relatively unmanaged night, where literally thousands of Japanese children, without costumes or any other Halloween related paraphernalia, would range through unfenced military housing areas in Yokohama and elsewhere, showing up on your doorstep in droves of twenty and fifty at a time.

Many of these trick or treaters were in their late teens and early twenties, didn't say the magic words, and would just stick out their hands to accept whatever it was you gave them.

The concept of Halloween totally escaped them, but they had grown up knowing that 31 October was a great night to visit the American's houses to pick up some free candy.

Better communications and the fencing in of government housing compounds has established controls, making Halloween a much more valuable opportunity for Japanese children to develop positive memories of our American lifestyle that they may carry into their adulthood.

Thank you Sasebo – the candy you passed out that night has done a lot more than just create cavities and excess fat in these children, it has served as a glue in bonding our two cultures together in ever greater ties of friendship.

In closing, I just received a call from our daughter, Maria, who is attending college in San Antonio.

A number of you have been kind enough to ask how she's doing, and the answer is fine. She had banded together with ex-Saseboians, Charlene, Raimond, R.V. and a few new friends, and was preparing to go out trick or treating with them.

She was there dressed as an E.J. King cheerleader. I guess there really is no age limit on being a kid.



JERRY HAVENS: FLEET & FAMILY SUPPORT CENTER SUPERVISORY PROGRAMS MANAGER

November 5-12

FEATURED PREMIERE

WICKER PARK
PG-13
Cast: Joan Marrett, Matthew Lillard, Rosa Byrne, Dana Kruger and Jessica Pare
Rated: PG-13 For Sexuality and Language
Genre: Romance and Thriller

A man is caught in an obsessive search for a woman he fell deeply in love with, a woman who vanished without a trace.

Two years after her disappearance, he catches a glimpse of her in a local bar and begins a search to find her and discover what really happened.

SHOWBOAT THEATER
TELEPHONE: 252-3822

FRIDAY, NOVEMBER 5 5 p.m. (PG-13) Hero 7 p.m. (PG-13) *Wicker Park 10 p.m. (R) *Resident Evil: Apocalypse	SATURDAY, NOVEMBER 6 2 p.m. (PG) Shark Tale 5 p.m. (PG-13) Hero 7 p.m. (PG-13) Wicker Park 10 p.m. (R) Resident Evil: Apocalypse	SUNDAY, NOVEMBER 7 2 p.m. (PG-13) Anacondas: The Hunt for the Blood Orchid 5:30 p.m. (PG-13) Cellular 8:30 p.m. (R) Resident Evil: Apocalypse	MONDAY, NOVEMBER 8 6 p.m. (PG-13) Cellular 8:30 p.m. (PG-13) Friday Night Light	TUESDAY, NOVEMBER 9 6 p.m. (PG-13) Hero 8:30 p.m. (PG-13) Wicker Park	WEDNESDAY, NOVEMBER 10 6 p.m. (PG-13) The Cookout 8:30 p.m. (R) Resident Evil: Apocalypse	THURSDAY, NOVEMBER 11 2 p.m. (PG) Sky Captain and the World of Tomorrow 6 p.m. (PG-13) Cellular 8:30 p.m. (PG-13) Friday Night Light	FRIDAY, NOVEMBER 12 5 p.m. (PG) Shark Tale 7 p.m. (PG-13) *Mr. 3000 9:30 p.m. (PG-13) *Ray
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HARIO VILLAGE THEATER
TELEPHONE: 252-8753

FRIDAY, NOVEMBER 5 6:30 p.m. (PG-13) Cellular 9 p.m. (PG-13) The Cookout	SATURDAY, NOVEMBER 6 2 p.m. (PG) Superheroes: Baby Geniuses 2 6:30 p.m. (PG-13) Cellular 9 p.m. (R) Exorcist: The Beginning	SUNDAY, NOVEMBER 7 2 p.m. (PG-13) Hero 8:30 p.m. (PG-13) Varsity Fair	MONDAY, NOVEMBER 8 NO MOVIES SCHEDULED	TUESDAY, NOVEMBER 9 NO MOVIES SCHEDULED	WEDNESDAY, NOVEMBER 10 NO MOVIES SCHEDULED * = Premiere	THURSDAY, NOVEMBER 11 6:30 p.m. (PG-13) Wicker Park No scooters, skates, skateboards, scooters or backpacks allowed in theaters. No outside food or beverages.	FRIDAY, NOVEMBER 12 6:30 p.m. (PG-13) *Werdhulian 9 p.m. (R) Resident Evil: Apocalypse
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MR. 3000 (PG-13)
Starring: Bernie Mac, Angela Bassett, Evan Jones, Anthony Hopkins and Christopher Noth
A vain and jaded baseball star retires from the sport as soon as he achieves his 3,000th base, he earning him a place in a distinguished club. However, after three of these hits are dispatched, the Hall of Famer returns to the game to play a low movie games to get back to the 3,000 mark. Along the way he discovers that the experience renews his love for the sport and reminds him what it's like to be a young boy obsessed with the game.

RAY (PG-13)
Starring: James Fox, Reggie King, Kerry Washington, Richard Schiff and Jennifer Ellis
Born in a poor town in Georgia, Ray Charles went blind at the age of seven, shortly after witnessing his younger brother's accidental death. Inspired by a fiercely independent mother who insisted he make his own way in the world, Charles found his calling and his gift behind a piano keyboard.

RESIDENT EVIL: APOCALYPSE (R)
Starring: Milla Jovovich, Sherry Galko, Mike Epps, Oded Fehr and Jordi Molla
An elite military agent, Alice, finds herself stranded in the ruins of Raccoon City following a virus outbreak which has turned the city's inhabitants into bloodthirsty zombies. Seeking for a way to contain the virus, Alice teams up with other survivors, including Jill Valentine. She finds herself being hunted down by a massive creature called Nemesis.

ANACONDAS: THE HUNT FOR THE BLOOD ORCHID (PG-13)
Starring: Johnny Meseno, Monte Chennault, Eugene Byrd, Nicholas Hope and Peter Curtis
A scientific expedition is sent to search for a rare black orchid by a powerful pharmaceutical company that hopes the orchid can be used to unlock the secrets of youth and immortality. What they soon discover is that the orchid is already being used by a powerful group, a secret of great stakes that deliver their super strength, size and vitality from the flowers.

FRIDAY NIGHT LIGHT (PG-13)
Starring: Billy Bob Thornton, Derek Luke, Garrett Hedlund, Jay Hernandez and Lucas Black
Follow the Permian High School Panthers of Odessa, Texas through their 1986 football season as players, coaches, fathers, fathers, boosters, fans and families struggle with ongoing personal conflicts while the team fights for a state championship.

CELLULAR (PG-13)
Starring: Chris Evans, Kim Raver, Jason Statham, Jessica Biel and Noah Wembach
A random wrong number to his cell phone sends a young man into a high stakes race against time to save a woman's life. With no knowledge of Jessica Martin, other than her husky, parodied voice on the other end of the helious cell phone connection, Ryan is quickly thrown into a world of deception and murder on his frantic search to find and save her. Jessica's life is in his hands. What is waiting for him on the other side of the line and what will it cost him to find out?

Turbo Girl supercharges CFAS with aerobics program

JOSN Jeff Johnstone
CFAS Public Affairs

If you're looking for a good way to shed some extra pounds and get into better shape, or prepare for an upcoming Physical Readiness Test (PRT), aerobics is an effective way to reach your goals.

Every Monday and Wednesday morning at the Spare Time Recreation Center's Aerobics room, you can start your day on the right foot with a motivating session of Turbo Kick aerobics in a group atmosphere.

"It's a total body workout, and a really fun time," said aerobics instructor Zina Herb. "We talk, laugh, the music is fun and I can keep you motivated," she added.

"It's very motivating, and great for flexibility," said Postal Clerk Second Class Adam Patrick, a regular at Herb's sessions. "I feel like a cross between Muhammad Ali and John Travolta," he laughed.

Herb, known to class participants as "Turbo Girl," a name based on the style of aerobics she teaches, has a wealth of experience both practicing, as well as teaching various styles of aerobics.

Before teaching aerobics at Fleet Activities Sasebo (CFAS), Herb taught in Yokosuka.

"I've been teaching aerobics off and on for about 20 years, the past seven years regularly for the U.S. Navy," she said. "Before teaching the Turbo Kick style, I taught High-Low, a style of aerobics mixing high intensity movements with some of lower intensity."

Herb's aerobics sessions are very user-friendly, and you don't have to have experience participating in the exercise to take advantage of her teachings.

"You don't have to be the most coordinated, or even have a lot of rhythm," explained Herb. "You don't have to lead yourself. You simply follow my lead. If you can count to eight, I can teach you."

"I can teach anyone anything," she added.

Newcomers to the class who may be wary of falling behind can put their fears at ease.

According to Herb, the first session of each month marks the beginning of a "new round", meaning a new technique is implemented to the routine. By beginning the class at the start of the month, you learn a technique the same time as everyone else, so each individual is on the same page.

"It may take about three or four sessions for a newcomer to get completely comfortable, but the benefits are worth it," said Herb.

Historically, Herb's aerobic sessions have produced positive results for those who take advantage of them.

"When my class was mandatory for Sailors experiencing trouble or who had failed their PRT, 100 percent of the Sailors who participated in the eight week cycle passed after participating in my course," said Herb.

Herb's sessions begin at 5:30 a.m., and last approximately one hour. Every major muscle group is targeted, providing a thorough, excellent workout and a motivating start to the day.

"The best time to exercise is the first thing in the morning, because it really gets your metabolism going," said Herb. "It's a complete all-around workout," she added.

Anyone interested in participating in Turbo Girls' free



The aerobics instructor leads the class during Monday's session. Regarding advice to possible newcomers to the class, "You don't have to lead yourself," she explains. "You simply follow my lead. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

aerobics sessions can contact the Fleet Gym for more information, or just bring motivation and a positive attitude to the Spare Time Recreation Center's aerobics room every Monday and Wednesday morning at 5:30 a.m. Zina will be out of town this week, but class will resume Monday, Nov. 15.

Free anti-virus software available to DoD employees

JOC Joseph Gunder
Naval Network Warfare Command Public Affairs

To add an extra layer of defense against unauthorized intrusion, DoD Web sites offer free anti-virus software intended for use on members' home computers.

The software is licensed for DoD employees, both military and civilian, courtesy of the Defense Information Systems Agency (DISA). Space and Naval Warfare Systems Center (SPAWAR) provides the software in association with Naval Network Warfare Command's Navy Computer Incident Response Team (NAVCIRT). Free software has been available to DoD employees since 2001.

According to Air Force 2nd Lt. William Genda, anti-virus team chief for DoD's computer emergency response team at DISA, the use of anti-virus software at home can stop viruses before they can be transferred to DoD systems.

"These days, computers can catch viruses from Microsoft Outlook, Web access or even home computer access," said Genda. "With everyone exchanging files between home and work, the potential is there that someone could inadvertently bring an infected file to a government network. It's essential to protect home computers with the same anti-virus software used by government systems so there's no weak link in the chain."

Members must be at a .mil workstation to access any DoD-related sites offering free anti-virus software. They can either download via file transfer protocol (fast connection) or go to the INFOSEC FAQ

page for slower downloads, then choose the software. Anti-virus software from McAfee is available, in addition to Symantec and TrendMicro, plus regular signature updates to keep PC workstations current.

Mac users can download McAfee Virex software and signatures for OS X, as well as earlier Mac operating systems. The sites even offer VirusScan for UNIX and DOS users.

The size of the file could be an issue since most are much larger than what the old floppy drive can store.

"Members should check which version of the software they're trying to download since there might be a zipped version available that is less than 10mb," Capt. Chris Christopher, deputy director for Future Operations, Communications, & Business Initiatives for NMCI offered. "Members should also consider a flash or thumb drive, which works with the machine's USB (universal serial bus) port. As a last resort, members should call their local help desk for a waiver of NETWARCOM's (Naval Network Warfare Command) 10mb restriction on e-mail attachments to be able to send their software home."

NAVCIRT, based at Little Creek Amphibious Base in Norfolk, Va., keeps watch for virus attacks over naval networks worldwide, as well as other types of intrusions or disruptions of service. They understand the impact of viruses on Navy networks and analyze how any intrusions happened, and how to keep them from coming back.

One of the assistant watch officers there, Cryptologic Technician

(communications) 1st Class (SW) Matthew Conger, said that Sailors typically introduce viruses to naval networks by accident, which is one of the more common methods.

"What we see a lot of are viruses spreading from laptops brought in from home. Sailors bring them to work and hook them up," Conger said. "We'd see a big decrease in the spread of viruses if people simply download anti-virus software and install it on their home computers."

Installation of anti-virus software from these sites is not recommended for users, as the network administrator

normally controls the software and updates automatically. DoD employees should check with their administrator for questions about anti-virus protection for a DoD workstation.

Downloading and installing anti-virus software at home benefits both the Navy and its members.

To obtain software, go to the SPAWAR Web site at <www.infosec.navy.mil>, and click on "Anti-Virus Information." The same software is also available at <www.navcirt.navy.mil>, or the DoD site at <www.cert.mil/antivirus/av_info.htm>.

The other branches of service have similar sites with anti-virus software.

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FFSC offers the following Financial Classes and Services:

- ☑ Checking Account Management
- ☑ Credit Management
- ☑ TSP Program Awareness
- ☑ Car Buying Strategies
- ☑ Home Buying Workshop
- ☑ Savings & Investment Workshop
- ☑ Kids Financial Planning Workshop
- ☑ Command Financial Specialists Training
- ☑ Individual Financial Counseling

For more information on FFSC's financial classes and services, call 252-3604/3121.

(Exp. Nov. 5) **1988 Nissan Big Truck**, No more JCI, asking \$500.
Call 252-8437.

(Exp. Nov. 20) Free bread maker (no instructions), Girls white fur coat w/hood for toddler, Baby back carrier and case, very comfortable and light. Call 252-8202.

(Exp. Nov. 5) Home entertainment cabinets, solid wood. Quality work. Great condition. Many shelves. Can accommodate large-screen TV and all other components. I have JPEGS, \$1500 new, asking \$750/obo. Call 090 7456 6949 or 0956 39 4132.

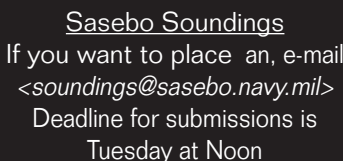
Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call Sandra Hornbeek at 090-5024-7139 or Itura Weber at 252-7322. Foster Families for pets waiting for a new family are needed. Donations of pet food, litter and money are always appreciated and may be left at Paws and Claws with Sandra or Carrie.

Come to one of the largest yard sales
around Saturday, Nov. 6, from 9 a.m. - 1
p.m. at 5004-F Coronado Drive in the

Kick that bad habit and get into shape in

Saturday, Nov. 20, first match begins at 9 a.m. Tournament will be held at the Fleet Fitness Center and will be double elimination. Teams will consist of 6 players. Entries due to the Fleet Fitness Center by Tuesday, Nov. 16. Awards will go to the top 3 teams along with individual awards for the Championship team, MVP and Sportsmanship.





Fleet Gym 252-3588

Hario Gym 252-8691

CNFJ edges Blue Ridge, 3-2 in weekend soccer action

Game keeps players sharp, while promoting good will with community

JOSN Jeff Johnstone
CFAS Public Affairs

Sailors attached to USS Blue Ridge (LCC 19), and members of the Commander Naval Forces, Japan (CNFJ) Fire Department’s soccer team went head-to-head Saturday, Oct. 30 in an intense soccer match at Nimitz Park.

CNFJ took the game, 3-2 in a contest that saw Blue Ridge score two goals in the final three minutes of the match.

CNFJ coasted to a 2-0 lead at the end of the first half, but the Blue Ridge offense threatened consistently in the second half, eventually wearing down the CNFJ



A Blue Ridge player (left) maneuvers his way past his CNFJ opponent during soccer action Saturday, Oct. 30 at Nimitz Park. CNFJ topped Blue Ridge, 3-2 to win the game. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

defense in the closing minutes. Blue Ridge outscored their opponents 2-1 in

the second half.

Blue Ridge played CNFJ tough throughout the game. The first half saw Blue Ridge go scoreless, partially due to CNFJ’s knack for keeping the ball near the sidelines, making clean shots at their goal difficult to come by.

Blue Ridge, however, was unwilling to quit, even after falling behind 3-0 late in the second half.

CNFJ soon found themselves on the defensive after a couple unsuccessful goal attempts by the Blue Ridge, then let their guards down in the game’s final minutes.

Blue Ridge halfback Ding Ding scored the first of Blue Ridge’s rallying goals, and minutes later, Godfrey Bamfield headed in a quick score with his head after the ball hit the top of the crossbar, confusing the goalie and leaving him out of position.

Unfortunately for Blue Ridge, their momentum was halted at the same time the game was.

“We played a very good, very skillful team today,” said Tony Knight, USS Blue Ridge soccer team head coach.

The Blue Ridge is a very talented team in its own right, with a successful track record coming into this game.

“We placed second out of eight teams in the Captain’s Cup tournament in Yokosuka, and we won two first place trophies at tournaments held during Asia-Pacific week,” said Knight.

Team Blue Ridge also boasts an abundance of experience on their squad.

“Ding Ding is our leading scorer and team captain Aljendro Giraldo and



A Blue Ridge soccer player (left) battles an opponent from CNFJ for possession of the ball in the second half. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Godfrey Bamfield are other top players,” said Knight.

“Our team is very experienced. It’s unusual to find so many players with so much experience. A lot of these guys have been playing all their lives,” he added.

“I’ve been playing off and on all my life, but there’s just not much chance to practice when we are underway,” said Blue Ridge player Luis Sanchez.

“We’re here to have fun and get our minds off of work, but of course we’d rather win than lose, he said jokingly.

Though their season is officially over, Blue Ridge keeps their game intact by competing in games whenever they get the chance.

“Whenever we make a port visit, we

try to get a game together,” said Knight.

“Not only does it keep our game sharp, it keeps the Sailors occupied and off the streets, and is great for community relations.”

Morale, Welfare and Recreation (MWR) set this game up for the two eager teams.

The team also enjoyed playing on Nimitz Park’s new surface.

“We aren’t used to playing on this turf field, but it’s awesome, very nice,” said Knight.

So aside from practicing, what can the Blue Ridge do during their offseason?

How about coming up with a team nickname?

“We don’t have a nickname, do we? We’ll have to come up with one soon,” laughed Knight.

Fitness Tip: Maximize your workouts by following a steady stretching routine

Alec Culpepper
MWR Fitness & Aquatics Director

Flexibility Matters An insufficient level of low flexibility in your hamstrings and lower-back muscles is thought to be a major factor in the incidence of lower-back pain. **Timing Matters** The best time to stretch is just after a brief warm up. Such a schedule will

increase your level of blood flow and raise the temperature level in your muscles, both of which are vital for muscle elasticity. Stretching cold muscles may sprain or tear them. **Prescription Matters** One of the keys to maximizing your efforts to increase your level of flexibility is to perform two to six repetitions of each stretching exercise to the point of mild discomfort. **Technique Matters** Three basic approaches to stretching commonly are used. Ballistic stretching (i.e., performing bouncing stretches) involves the momentum generated by the moving body part to produce the stretch. The second type of stretching is static stretching through a muscle’s full range of movement until resistance is felt. The stretch is held for a predetermined time, and then the muscle being stretched is relaxed, followed by stretching the muscle even further. The final common stretching is

contract-relax stretching (i.e., proprioceptive neuromuscular facilitation). This technique involves performing an isometric contraction of the muscle to be stretched, followed by slow, static stretching of that same muscle. **Pain Avoidance Matters** You should not stretch to the point of pain. Flexibility cannot be developed while the stretched muscle is in pain; also, you may injure yourself. At worst, any discomfort you experience while stretching should be relatively mild and brief. **Patience Matters** Don’t be discouraged with or forego your stretching efforts because you are not progressing as quickly as you would like or are not as flexible as others. Keep in mind that flexibility is an individual matter, one that varies from person to person. Stay the course; eventually your efforts will pay substantial dividends.

FALL BASKETBALL STANDINGS				
(As Of Oct. 26, 2004)				
RANK	TEAM	WIN	LOSS	.PCT
1	YOUNG GUNS	13	1	0.929
2	SHOWTIME	8	6	0.571
3	OUTLAWS	10	8	0.556
4	GUARDIAN	3	6	0.333
5	PWT	4	13	0.235
6	PATRIOT	0	4	0.000

The Sasebo Wrestling Club

The Sasebo Wrestling Club is holding a meeting Friday, Nov. 12 at 5 p.m. at the SRF Conference Room.

For more information, call 252-2822.